

MAR-APR 2010 | PROGRAMS, SERVICES AND ACTIVITIES

SENIOR CENTER

Activity



fun
MORE THAN YOU IMAGINED

253-931-3016 | www.auburnwa.gov

AUBURN
MORE THAN YOU IMAGINED

RUMMAGE SALE

OPTIONS FOR YOU:

SHOPPING

- ALL SHOPPERS WELCOME
- FRIDAY 9 a.m. - 5 p.m. AND
- SATURDAY 9 a.m. - 2 p.m.

DONATIONS

CLEANING HOUSE?

- DONATIONS CAN BE DROPPED OFF STARTING MARCH 23
- CALL 253-931-3016 FOR ITEM PICKUP

VOLUNTEER TO HELP

- AND YOU GET TO SHOP EARLY

FRIDAY & SATURDAY
MARCH 26 AND 27



**Auburn Parks, Arts & Recreation
Senior Activity Center
808 Ninth Street SE**

253-931-3016 www.auburnwa.gov

MAYOR
Peter B. Lewis

CITY COUNCIL
Sue Singer, Deputy Mayor
Nancy Backus
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Daryl Faber, Director

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Margaret Pullar
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STAFF

Radine Lozier
Senior Center Supervisor

Rocky Kirwin
Recreation Coordinator

Cindy Whitman
Program Specialist

Karen Heide
Senior Center Asst.

Claudia Dickson
Nutrition Site Manager
Catholic Community
Services

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REGISTRATION FORM 30

HOURS
Monday - Wednesday 8AM - 9PM
Thursday - Friday 8AM - 5PM
Activity Registration 8AM - 5PM

COMING IN MAY-JUNE

• MOTHER’S DAY LUNCHEON

MAY 7

• CELEBRATION OF AGING LUNCHEON

MAY 14

• SENIOR FISHING DAY AT MILL POND

JUNE 12

• FATHER’S DAY LUNCHEON

JUNE 18

• BRAIN AGILITY CLASS

DEAR READERS,

After a mild winter it looks like spring is just around the corner. Buds are forming on the trees and spring flowers are popping up all over Les Gove Park. Soon the cherry blossoms will be in full bloom, the walking trail will be full of people enjoying the great outdoors, and senior softball season begins. Take time to get out and enjoy what the season has to offer.

It is also time for "spring cleaning". As you clean, remember to bring your rummage to the Senior Center on March 23-24 for our annual Rummage Sale March 26 and 27. Volunteers are also needed to help all week. Register for a shift(s) at the front desk.

Staff has been busy planning many classes, trips, and outdoor events for you to enjoy. Stop by and register for some spring time fun.

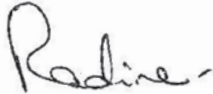
50 PLUS *New!*

We are happy to introduce 50 Plus. We have changed the participation age at the Senior Center to 50 and older. This change allows for more people to get involved in all that is happening at the Center. For those who are still working, check out our programs Monday – Wednesday evenings from 5 pm – 9 pm. Stop by for a tour, a brochure, and a free gift. We look forward to meeting you.

RESIDENT DISCOUNT FEES BEGIN

The City of Auburn recognizes people living within Auburn's city limits support, through their city taxes, the City's Senior Activity Center. Because of this, beginning March 1, the city will offer its residents a discount on selected Senior Center programs. People from outside the city limits are welcomed and encouraged to enjoy the activities and services at the Senior Activity Center.

Goodbye to Social Worker Veta Howard. Veta has been an excellent member of the Senior Center team and we are disappointed to see her leave. See page 21 for details.



Radine Lozier
Senior Center Supervisor

VOLUNTEERS, LET'S CELEBRATE

MARCH/APRIL BIRTHDAYS

If you volunteered at least five hours at the Senior Activity Center the month prior to your birthday, you will receive a complimentary, regular lunch certificate through the mail. Have we missed you or a friend? Let Radine know. You may use your certificate for the birthday celebration or for any lunch day during the month of your birthday.

BIRTHDAY/ANNIVERSARY CELEBRATION BIRTHDAY SPONSOR: CANTERBURY HOUSE & TOP FOODS LAKELAND HILLS

THURS., March 18, 11:30 a.m.

THURS., April 15, 11:30 a.m.

\$3 suggested donation; \$5.75 for those under 60

Birthday and/or wedding anniversary folks are invited to be seated, with their guests, at a special table and will be treated to a dessert and a favor. Couples celebrating 50 or more years of marriage will be treated to a free lunch. Sign up at the front desk to reserve your seat. When you sign up, let us know if you will have guests and how many. We will have flowers donated by Top Foods for our age 80 or over birthday celebrants and roses to couples celebrating 50 or more years of marriage, so be sure to tell us if you qualify.

WE NEED YOU!

Below are some of our current volunteer needs. Where might your time and talents fit? Stop by or call for an appointment with Radine to learn more.

CURRENT NEEDS RESPITE VOLUNTEER

Tuesdays and Fridays

10A- 3P

Rummage Sale Volunteers

March 23-27

Sign up for a shift at the front desk.

GREEN THUMB?

We need someone to take care of inside plants at Senior Center through the summer

Meals on Wheels Packers - TH

Meals on Wheels Drivers - F

Kitchen add

TH Greet and Seat

KITCHEN

Shifts Available

Any Day	M-F	9A-2P	Kitchen Worker
	M	11:30A-2P	Scraper
	W, F	11:30A-2P	Dishwasher
	T, F	10A-2P	Salad Bar
	W	10:30A-1P	Lunch Registrar

ADVISORY COUNCIL

Meeting will be changing to the 3rd Tuesday of the month.

MAR 16 TU 10-11:30A

APR 20 TU 10-11:30A

NEW ADVISORY COUNCIL

Thanks go to outgoing council members: Don Black, Ray Botti, Doris Davis, Bev O'Brien, Traudle Plewka, Donna Reiss, Ida Mae Struve, Helen Thompson, and JoAnne Walters. Names of the new council appear on page: 3

The council is a diverse group of Center participants who meet with staff monthly to brainstorm ideas on center operations and services, review Wishing Well suggestions, brainstorm solutions to problems, etc. Meetings are the third Tuesday of each month at 10:00 a.m. All are welcome.

SUGGESTION OF THE MONTH**DECEMBER**

Betty Ruble suggested we inform our seniors about a phone scam. See page 26 for information.

JANUARY

Shirley Grant suggested we put sheer curtains in the Millennium Room windows to give the exercise classes a little privacy. We will look into purchasing or having them made.

FEBRUARY

Yvonne Nicholson suggested we create a space on the bulletin board to post obituaries. We will get that done in March.

SALAD BAR DONATIONS

Due to budget cuts, our salad bar sponsors are no longer available to help with funding. If you enjoy the salad bar and would like it to continue, please consider making an extra donation for salad. See Radine with questions.

WAITING LISTS

Many of our programs are filled to capacity. If this happens to you, be sure to add your name to the waiting list. As interest dictates, we often add an extra vehicle, a new class or offer a program again at a later date. Our goal is to accommodate as many people as possible.

RUMMAGE SALE

This year's Rummage Sale is March 26 and 27. Julie Behrbaum, Phyllis Munro, Betty Ruble and Karen Parman have volunteered to co-chair the event. We will need LOTS of stuff, LOTS of help, and LOTS of shoppers. See inside front cover ad for more details. Donations accepted after March 22

"WE HIT THE JACKPOT WITH AUBURN VOLUNTEERS"

April 18-24 is National Volunteer Week. We will honor Auburn's "winners" at our Annual Community Volunteer Luncheon on April 22nd. Auburn agencies utilizing volunteers and all Senior Center Volunteers are invited to the celebration hosted by the Senior Center. In addition to recognition, there will be plenty of "Vegas Style" fun, agency team competitions, a team song challenge, prizes and much more. All are encouraged to dress in Vegas attire. See the inside back cover for complete details.

GAME NIGHT AT THE SENIOR CENTER

Wednesday Evenings

5 pm – 7 pm

The days are getting longer, so why not stop by the center Wednesday nights for a few hours of fun?

The Jaeckel family will be here willing and waiting to play board games. We have several games available, but feel free to bring along your favorite.

All ages welcome as long as accompanied by an adult.

DON'T FORGET TO UPDATE YOUR REGISTRATION CARDS

Be sure to update your Senior Center Registration Card next time you are in. It is important that we have current contact and emergency information on file. Pick up your 2010 card at the Hostess Desk or in the Office. Thanks in advance for taking the time to complete your card.



Rummage Sale Volunteers hard at work!
Jerry Clayton, Karen Parman, Bob Todd

ONGOING ACTIVITIES - DAYTIME

MAH JONGG

Wright Patterson AFB Rules

Mondays 10A-12P
12:45-2:30P

SCRABBLE®

Mondays 1-4:30P
Fridays 1-4:30P

BINGO

Sponsored by Auburn Meadows Assisted Living

1st and 3rd Tuesdays 12:45-2:15P Free

COMPUTER TUTOR

Mondays 10:30A-12:30P,
1:30-3:30P Free
Tuesdays 12-3P Free
Thursdays 10:30A-12:30P Free
Fridays 10A-12P Free

CRIBBAGE

Wednesdays 3-5P Free

NEEDLE CRAFT CLUB

See page 9 for details

1st and 3rd Wednesdays 9:30 -11:30A Free

OPEN JAM

2nd & 4th Wednesday 10-11:30A Free

FOOTCARE BY APPOINTMENT

Provided by Karen's Foot Care

1st, 2nd and 3rd Mondays \$27

MASSAGE BY APPOINTMENT

Provided by Leslee

2nd and 4th Tuesdays 10A-3:30P

2nd and 4th Friday 10A-3:30P

\$33 for one-half hour; \$53 for full hour

PINOCHLE PARTIES

Tuesdays and Thursdays 12:45-3:30P Free

CONTRACT BRIDGE

Fridays 10A-12P Free
12:45-3P Free

MONTHLY BOOK CLUB

3rd Tuesdays 1-3P Free

For book choices see page 9

POOL

The Pool Room is open for drop-in play daily;
Friday afternoon tournaments are at 12:45P
(Participants must sign in to play by 12:30P)

GONE TO THE MOVIES

Wednesdays 1P Movie: Free

Refreshments sponsored by The Woodmark at Steel Lake.
The Senior Activity Center is licensed to show movies. Join us for first run movies and an occasional classic.

MAR 3 ALL ABOUT STEVE

(PG-13 for some sexual content) Comedy starring Bradley Cooper and Sandra Bullock, 1 hour, 40 mins.

MAR 10 LAW ABIDING CITIZEN

(R for brutal violence and torture) Drama starring Jamie Foxx and Gerard Butler, 1 hour, 50 mins.

MAR 17 WHIP IT

(PG-13) Drama starring Drew Barrymore and Ellen Page, 1 hour, 5 mins.

MAR 24 NO MOVIE – RUMMAGE SALE SET UP

MAR 31 CRAZY HEART

(R for language and brief sexuality) Drama, Music, Romance starring Jeff Bridges and Maggie Gyllenhall, 1 hour, 52 mins.

APR 7 (500) DAYS OF SUMMER

(PG-13 for sexual material and language) Drama, Comedy, Romance starring Joseph Gordon-Levitt and Zooey Deschanel, 1 hour, 35 mins.

APR 14 THE BLIND SIDE

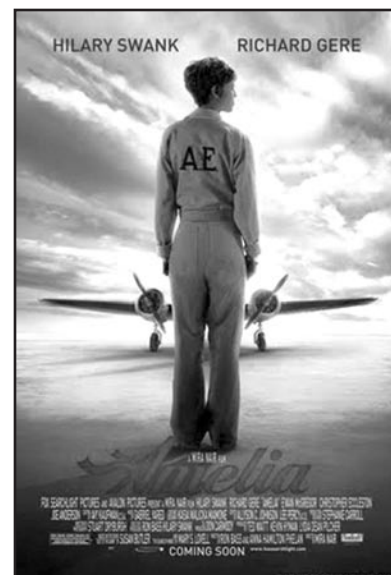
(PG for one scene of brief violence, drugs and sexual reference) starring Sandra Bullock and Tim McGraw, 1 hour, 51 mins.

APR 21 AMELIA

(PG-13 some sensuality, language, smoking and thematic elements) Biography, Drama starring Hilary Swank, Richard Gere and Ewan McGregor, 1 hour, 47 mins.

APR 28 MEN WHO STARE AT GOATS

(R for language, some drug content and brief nudity) Comedy, War starring George Clooney, Kevin Spacey and Ewan McGregor, 1 hour, 34 mins.



MONDAY SUPPER CLUB

Join us the 3rd Monday of the month for Supper Club.
Leave the cooking to us and support the Wellness Team.

Why not bring the whole family? All ages are welcome.

To aid in planning, please pre-register by calling or stopping by the front desk.

MAR 15	M	4:45- 5:30P	\$6/\$7.50	32128
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Beef Stew, Biscuit, Chopped Salad and Dessert.

Apr 19	M	4:45- 5:30P	\$6/\$7.50	32129
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Potato Bar, Chopped Salad and Dessert.

MONDAY AND TUESDAY NIGHT SOUP

4:30–6:30P (or while supplies last) Cost: \$2

Homemade soup, fresh rolls and good company are a perfect match for a light, filling dinner.

(Note: No soup the night of Monday Supper Club)

Tuesday night soup is back by request. So, eat up and it will stay.

SENIOR DINNER**AUBURN REGIONAL MEDICAL CENTER**

MAR 25

APR 29

Please call 1-800-370-8640 at least one week prior to dinner to register.

**ONGOING ACTIVITIES - EVENING****MON, TUE & WED****5-9P****MONDAY****COMPUTER LAB**

Open for drop-ins

PINOCHLE PARTIES

5:45-9P

TUESDAY**COMPUTER LAB**

5:30-8P Open for drop-ins and tutoring

MASSAGE BY APPOINTMENT

Provided by Leslee

2nd and 4th Tuesdays 4-7P

\$33 for one-half hour; \$53 for full hour

UNLOCK THE SECRET

to free and low cost services available to you.

Tuesdays 5:30-8P Free

Having a hard time finding services or funding for services? Come join us in the computer room and learn to search the Internet to find a treasure of information.

MEXICAN TRAIN DOMINOES

6-9P

FREE

WEDNESDAY**COMPUTER LAB**

Open for drop-ins

GAME NIGHT

6-9P

Bring your favorite board game for a night of fun

POOL ROOM

Open for drop-in play Monday-Wednesday

POOL TOURNAMENTS

6-9P (Sign up by 5:45P)

1ST MONDAY

Mixed Doubles 8-Ball

2ND MONDAY

Ladies 8-Ball

3RD MONDAY

Mixed Doubles 9-Ball

4TH MONDAY

Ladies 9-Ball

SENIOR COFFEE HOURS WITH THE MAYOR AND COUNCILMEMBERS

Thursdays 10-11A

MAR 18 John Partridge
Lynn Norman

APR 8 Mayor Pete Lewis

The Auburn community is growing and changing daily. To help keep you up-to-date and informed on issues, join us at a monthly coffee hour featuring specific Councilmembers or the Mayor as the speakers. Topics include committees, upcoming projects, or Auburn's role in King and Pierce Counties. This is your opportunity to speak directly to your elected officials. Coffee and cookies will be served.

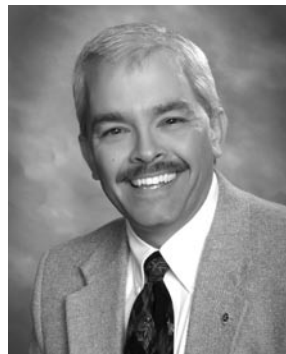
Mayor Pete Lewis

Mayor Pete Lewis was elected to his current office in January of 2002 after having served as a city councilmember since 1998. He is currently serving in his third term. He is a strong believer in community involvement; he has always been active in a variety of local organizations and encourages others to do the same. Mayor Lewis has been committed to working in partnership to increase business development while keeping the sense of a small town community whole.



John Partridge

Councilmember Jon Partridge is a member of the Municipal Services and Finance Committee. He also is a member of the Regional Law, Safety and Justice Committee.



Lynn Norman

Councilmember Lynn Norman is the Chair of the Planning & Community Development Committee and the Downtown Redelopment Committee. She is also a member of the Finance and Community Center Committee as well as these local and regional committees: Puget Sound Regional Council, Growth Management Policy Board and the LEOFF Board.



CHERYL SALLEE ART GALLERY

MARCH – APRIL

ESTHER AKRISH, WATERCOLOR/OIL/PASTEL

Artist Esther Akrish uses a variety of media to achieve vibrant color in the landscapes and figures she creates.

INCOME TAX PREPARATION

Began in February and continues until April 13th AARP trained tax counselors will be on hand on Monday and Tuesday mornings to help complete your 2009 income tax forms. Call the Senior Center, (253) 931-3016 for an appointment.

JAM SESSION

MAR 10 & 24	W	10-11:30A
APR 14 & 28	W	10-11:30A

The open jam session is open to all electric and acoustic instruments. Musicians of all abilities are welcome. Everyone, including non-musicians, are welcome to enjoy the music.

NEEDLE CRAFT CLUB

W	9:30-11:30A	1 st and 3 rd WEDNESDAY
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Can't find time for your knitting, crocheting, embroidery or stitching?? Now you have a time and place to do just that. Meet for 2 hours every 1st and 3rd Wednesday 9:30-11:30 a.m. at the Senior Center to work on your project. A friendly and relaxed atmosphere makes for the perfect place to meet with new and old friends to enjoy your favorite needlework hobby.

ST. PATRICK'S DAY LUNCHEON

MAR 17	W	11:30A- 1P	32141
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Enjoy a traditional Irish feast featuring corned beef and cabbage while enjoying Irish dancers. Pre-purchase ticket at the front desk. Cost: \$3 suggested donation Under 60 years of age \$5.75

CLEANING HOUSE?

Senior Activity Center

Rumage Sale

Friday and Saturday, March 26 and March 27

Options for you:

- Drop Off Your Donations –Hold until Tuesday, March 23 if possible
- Call for Item Pickup
- Volunteer to help and you will get to shop early
- All shoppers welcome Fri 9 a.m.-5p.m. and Sat 9 a.m.-2 p.m.

EASTER LUNCHEON

APR 1	TH	11:30-1P	32590
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Celebrate the arrival of spring at our annual Easter Luncheon. Pre-purchase ticket at the front desk.
Cost: \$3 suggested donation Under 60 years of age \$5.75

SENIOR/STAFF VOLLEYBALL GAME

MAR 30	T	11a-1P
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It is time for our annual challenge – the Parks Department Staff will play the Senior Center Volleyball teams. Come out and cheer for your favorite team at the south end Church of Latter-Day Saints Gym, 1820 F Street SE.

NATIONAL VOLUNTEER WEEK

April 18 – April 24 is designated as National Volunteer Week. In honor of all Auburn community volunteers, we are once again hosting a special luncheon. Read on for details:

“WE HIT THE JACKPOT WITH AUBURN VOLUNTEERS”

TH	11:30A- 1:30P	APR 22	32562
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Volunteers -- \$4.50 suggested donation
All Others -- \$8

Hundreds of volunteers donate their time for the betterment of the Auburn Community. We will honor Auburn’s “winners” at our Annual Community Volunteer Luncheon. Auburn agencies utilizing volunteers and all Senior Center Volunteers are invited to the celebration hosted by the Senior Center. In addition to recognition, there will be plenty of “Vegas Style” fun, agency team competitions, a team song challenge, prizes and much more. All are encouraged to dress in “Vegas attire”. Call the Senior Center for details.

WELLNESS RAFFLE:

In an effort to raise money for the Wellness Program, The White River Valley Museum is sponsoring a raffle, with proceeds going to Senior Center Wellness program. Plan now to win a “Vegas” filled basket of fun. Tickets are \$1.00 each. You need not be present to win. Winner will be drawn April 22 at the Volunteer Luncheon. Buy a ticket and support wellness!

WANT TO GO FISHING’ ?**SENIOR FISHING DAY AT MILL POND**

JUN 12	SA	9A-1P
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The Senior Center is hosting Senior Fishing Day at Mill Pond (across from Riverside High School). Senior adults have just this one-day to fish at the pond normally reserved for youth. The freshly stocked pond will provide fun for novice and advanced fishers. Thanks go to The Green River Steelhead Trout Club for providing fish, volunteers, and more. Call the Senior Activity Center for full details. The Senior Wellness Team will be serving hot dogs and coffee.



Darold Harmer and Elaine Coffey

HOW TO READ CLASS INFORMATION

Class name	Date	Class Days	Class Time	Resident Fee	Non-Resident Fee	Class #
CONTINUING YOGA FLEX OPTION	JAN 6-APR 21	W	7- 8:15P	\$68/\$85		31810

Flex option gives you the flexibility to attend any six Continuing Yoga classes during the 12-weeks of the current quarter. ← Description



CLASSES FOR ALL AGES AT THE SENIOR ACTIVITY CENTER: GENERATIONS UNITE

- *Classes are open to all adults. Program offers flexibility with both day and evening classes. Take classes with friends or family of any age.*
- *Registration options: register by phone, fax, online or in person.*
- **Register at the Senior Activity Center or Parks, Arts & Recreation Administration Building.**

ACADEMIC

AUBURN SENIOR READERS AND FRIENDS BOOK CLUB

Join our monthly book club. All are welcome.
Every 3rd Tuesday, 1-3P

BOOK CLUB

MARCH 16

"The Associate" by John Grisham. A dark secret forces a law school graduate to take a job that could cost him his life.

APRIL 20

"No Place Like Home" by Fern Michaels.



AARP DRIVER SAFETY

MAR 15-16	6-10P	31874
MAR 29-30	10A- 3P	31875
APR 19-20	10A- 3P	32142
APR 26-27	10A- 3P	32147
MAY 10-11	10A- 3P	32143

This nationally acclaimed course provides senior-aged drivers an opportunity to learn how to drive more efficiently and safely. Supported by the State, a reduction in auto insurance rates is mandated for individuals completing the course. Payment of \$14 is required the first day of class. AARP members will receive a \$2 discount if they have their membership card with the number. Make check payable to AARP.

SPANISH

MAR 11-APR 29	TH	10A-12P	\$45	31596
MAY 13-JUL 1	TH	10A-12P	\$45/\$56	32182

Learn common phrases, pronunciation, basic grammar and conversation. Instructor Alicia Luy is from Quillota, Chile, where she taught for years. English is not spoken in the class. Students need to purchase the book 'Spanish the Easy Way', by Silverstein (4th Edition). Ages 18 and over. Instructor Alicia Luy

SWEDISH-CONVERSATIONAL

JAN 7- MAY 20	TH	1:30-3:30P	FREE	
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Do you speak Swedish? Have you always wanted a group of people to speak with? This is the group for you. Join us for Conversational Swedish. Some knowledge of the language is required. Class meets on the first and third Thursday of the month. Instructor Anne-maj Caya

CONTEMPORARY CONCERNS

MAR 3-APR 21	W	10-11:30A	\$29/\$36	32148
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Discussions will include the economy and stock market, political future, middle east and the media. We will explore all of these topic and find some of the humorous aspects of our current situation. The textbook from the World Affairs Council is required for the class. Instructor/Facilitator Dr. Valentine.

CREATIVE WRITING

APR 1-MAY 20	TH	1- 3P	\$23/\$29	32179
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Tip and hints for writing and marketing written materials. Instructor Colleen Reece is an award-winning author with over 100 books sold. Sessions includes short-in class and homework assignments, discussion and sharing, how to make your piece sparkle and constructive critiquing. Instructor Reece.

HOW TO READ CLASS INFORMATION

Class name	Date	Class Days	Class Time	Resident Fee	Non-Resident Fee	Class #
CONTINUING YOGA FLEX OPTION	JAN 6-APR 21	W	7- 8:15P	\$68/\$85		31810

Flex option gives you the flexibility to attend any six Continuing Yoga classes during the 12-weeks of the current quarter. ← Description

ART

CARD MAKING

EASTER AND SYMPATHY CARDS

MAR 11	TH	1-3P	31903
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Make home made cards for your family, friends, and the Senior Center at the same time developing your creative talents. You will make two for you and some for the Senior Center Cards that we can send to seniors in our community. A supply fee of \$4 will be collect in class for your cards. Instructor: Chris Dorsey.

WATERCOLOR

MAR 22-MAY 10	M	1-3:30P	\$41/\$52	32202
MAY 17-JUN 28	M	1-3:30P	\$32/\$40	32205

MAR 23-MAY 11	T	6-8:30P	\$41/\$52	32203
MAY 18-JUN 22	T	6-8:30P	\$32/\$40	32206

MAR 24-MAY 12	W	1-3:30P	\$41/\$52	32204
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Enjoy a relaxed, friendly, comfortably structured class open to all levels of ability. You will learn about supplies and varied techniques. The instructor encourages individual creativity. Supply list is available. Instructor Rickey Burlando. No class on Jan 18 and Feb 15.

OIL PAINTING

MAR 15-MAY 3	M	9A-12P	\$41	31879
MAY 10-JUL 12	M	9A-12P	\$41/\$51	32171

Discover or review oil painting techniques to help you paint your own beautiful pictures. This class is open to all levels. A supply list is available on request. Instructor Georgia Heimbach. No class on Jan 18 and Feb 15.

SMALL SCALE METAL SCULPTURE

MAR 7	SU	9:30A-4P	\$55	31812
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Learn techniques to manipulate metal (hammer, stamp, roll, solder and rivet) in order to create a small scale sculpture. Bring safety glasses, ear plugs and a sack lunch. \$10 supply fee payable in class. Instructor: Reeves.

INTRODUCTION TO WATERCOLOR PENCILS

MAR 20	SA	9:30A-3:30P	\$55	31783
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Want the look of watercolor and the control of colored pencil? Water-soluble colored pencils can match anything watercolor does, plus have the ability to create effects impossible with watercolor. Discover this medium's exciting versatility with techniques such as wet-on-dry, dry-on-wet, wet-on-wet and more. Learn about materials, tools and techniques as you learn to apply this information to create a painting. Instructor Miffit.

GLASS FUSING WORKSHOP

MAR 31	W	6-9P	\$82/\$103	32404
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Three hours of fun in this quick overview of glass fusing. You will come away with a set of four glass coasters. All supplies are included. Instructor: Miller.

BEGINNING GLASS FUSING

APR 28-MAY 19	W	6-8P	\$207/\$259	32408
MAY 1-22	SA	10A-2P	\$207/\$259	32409

Learn the basics of glass fusing from a local glass artist. Learn what type of glass to use, designing for fusing, how to cut glass and how to fuse glass in a kiln. You will take home a set of four tiles (coasters) and a bowl of your design. All supplies are included. Instructor Miller.

INTRODUCTION TO BONSAI

APR 10	SA	9A-12P	\$64/\$80	32365
APR 17	SA	10A-1P	\$82/\$103	32405

You will be supplied with your own bonsai plant (outdoor tree), pot, soil, drain screen material and wire. You will also receive materials at the conclusion of class and an open invitation to attend monthly meetings of the South End Study Group of Puget Sound Bonsai that meets in Auburn. Instructor Benbow.

REMINDER:

ALL ADULT PROGRAM INSTRUCTORS

HIRED BY THE AUBURN SENIOR ACTIVITY

CENTER ARE INDEPENDENT CONTRACTORS

AND THE RESPONSIBILITY FOR THE

CURRICULUM OF THE CLASS RESTS WITH

THE INSTRUCTOR.

COMPUTERS

COMPUTER LAB

Open Lab with Tutor (Subject to Change)

M:	10:30A-12:30P	FREE
M:	1:30-3:30P	FREE
T:	12 - 3P	FREE
T:	5:30 - 8P	FREE
TH:	10:30A - 12:30P	FREE
F:	10A - 12P	FREE

Come check out our computers! Do you have specific questions about how to use the Internet, or about Microsoft Word® or Excel®? Or if you just have general questions about computers, drop by our open labs with tutor times.

Headphones are available for checkout at the front desk. You can purchase a printing card, worth \$2.50 or \$5, or you can pay 5 cents per sheet, at the front desk for your printing convenience.

If you plan on downloading, creating or changing files of any type please bring a removable storage device, such as a disk or USB drive. **No personal files will be stored on the computers.** For your convenience CDs are for sale at the front desk. The lab is open from 8a-9p on Monday, Tuesday, and Wednesday and from 8a-5p Thursday and Friday.

FITNESS/HEALTH/WELLNESS

ENHANCE FITNESS®

An exercise program for seniors designed to improve physical conditioning levels. The class includes stretching and balance exercises, exercises to improve strength and range of motion through use of wrist and ankle weights and aerobics, safe and effective for seniors with a wide range of physical abilities. **Medicare Group Health Members can participate free of charge.** Instructors Angela Rash (morning) and Mary Brown (afternoon). No class on March 24 and 26.

MORNING

NON GROUP HEALTH

MAR 1-31	8:15- 9:15A	\$25	31821
APR 2-30	8:15- 9:15A	\$25/\$31	32318
MAY 3-28	8:15- 9:15A	\$25/\$31	32322

GROUP HEALTH

MAR 1-31	8:15- 9:15A	FREE	31822
APR 2-30	8:15- 9:15A	FREE	32319
MAY 3-28	8:15- 9:15A	FREE	32323

AFTERNOON

NON GROUP HEALTH

MAR 1-31	3:30- 4:30P	\$25	31823
APR 2-30	3:30- 4:30P	\$25/\$31	32320
MAY 3-28	3:30- 4:30P	\$25/\$31	32324

GROUP HEALTH

MAR 1-31	3:30- 4:30P	FREE	31824
APR 2-30	3:30- 4:30P	FREE	32321
MAY 3-28	3:30- 4:30P	FREE	32325

NEW OPTION FOR ENHANCE FITNESS

10-class punch card

We are now offering a 10 class punch card. The card will be good for six months and it is only good for the class (morning or afternoon) that you purchased it for.

MORNING

MARCH CARD AM

MAR 1-AUG 23	M	8:15- 9:15A	\$40	31854
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APRIL CARD AM

APR 5-SEP 27	M	8:15- 9:15A	\$40/\$50	32312
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AFTERNOON

MARCH CARD PM

MAR 1-AUG 23	M	3:30- 4:30P	\$40	31857
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APRIL CARD PM

APR 5-SEP 27	M	3:30- 4:30P	\$40/\$50	32315
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BEGINNING YOGA

APR 28-JUN 23	W	5:30- 6:45P	\$68/\$85	32530
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Beginning yoga in the Viniyoga tradition relieves emotional stress, tones the body, mind and emotions. Class includes both standing and floor poses. Bring a yoga mat and blanket to class. No class November 11 and 25.

BEGINNING YOGA FLEX OPTION

APR 28-SEP 1	W	5:30- 6:45P	\$68/\$85	32533
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Flex option gives you the flexibility to attend any six classes during the 12-weeks of the current quarter. See course description listed separately. This flex option expires December 9. Bring a yoga mat and blanket to class.



CONTINUING YOGA

APR 28-JUN 23	W	7- 8:15P	\$68/\$85	32536
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Students deepen their understanding and practice of yoga postures and breathing. Bring a yoga mat and blanket to class. Prerequisite: Beginning Yoga or permission from instructor. No class November 11 and 25.

CONTINUING YOGA FLEX OPTION

JAN 6-APR 21	W	7- 8:15P	\$68/\$85	31810
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Flex option gives you the flexibility to attend any six Continuing Yoga classes during the 12-weeks of the current quarter. See course description listed separately. This flex option expires December 9. No class November 11 and 25.

INTRODUCTION TO TAI CHI

MAR 29-MAY 10	M	7:30- 8:30P	\$42/\$53	32260
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Tai Chi students enjoy both mental and physical benefits including strengthening, flexibility and coordination. Students learn gentle exercises and the practice of individual movements. Instructor Gil Bortleson.

INTERMEDIATE TAI CHI

MAR 29-MAY 10	M	6:15- 7:15P	\$40/\$53	32262
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Students will start with gentle exercises and practice refining individual movements learned in the introduction class and gradually work into more advanced movements. Prerequisite: Introduction Tai Chi.

PILATES - YOGA FUSION

APR 12-26	M	10-11A	\$36/\$45	32192
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This class will combine the healing benefits of yoga's focus on movement, flexibility and centering ourselves with the breath work, core awareness and strengthening that Pilates offers. The best of both worlds! The perfect combination to stretch and strengthen our bodies. This class is suitable for all levels, beginners welcome. Bring a yoga mat. Instructor: Stover. Class is held at Corestar Pilates

ZUMBA GOLD

APR 13-MAY 18	T	8:30- 9:30A	\$29/\$36	32585
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Latin dance style workout made for seniors. Lets dance off some Holiday calories, Zumba style music is fun, moves are simple and very repetitive you will be sweating before you know it. Instructor: Willis. No class on March 23.

DANCE**WEST COAST SWING LEVEL 2**

MAR 2-30	T	6:30-7:45P	\$38	31672
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Build on skills from the level 1 class as you add new steps like 'tucks' and 'whips'. Includes and introduction to the ultimate slow dance; night club two-step. Level 1 or similar experience. No Class March 23. Instructor: Charles England

WEST COAST SWING LEVEL 2

MAR 2-30	T	6:30-7:45P	\$38	31672
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Build on skills from the level 1 class as you add new steps like 'tucks' and 'whips'. Includes and introduction to the ultimate slow dance; night club two-step. Level 1 or similar experience. No Class March 23. Instructor: Charles England

COUNTRY WESTERN

MAR 2-30	T	7:45-9P	\$38	31667
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Dance all night long as you learn classic two-step, waltz, and four-count country swing. Almost more fun than the law allows! No Class March 23. Instructor: Charles England

BALLROOM DANCE

APR 6-27	T	7:45-9P	\$43/\$54	31674
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Learn classic ballroom dances; fox trot and waltz, as well as plenty of lively swing! Lead and follow techniques will be emphasized throughout this class. Instructor: England.

EAST COAST SWING

APR 6-27	T	6:30-7:45P	\$43/\$54	31676
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The All-American Dance! This Class features both fast (single time) and slow (triple time) versions of this fun and versatile dance. Great for all types of music. Wear shoes that you can turn in easily. Wear shoe you can turn in. Instructor: Charles England.

HOW TO READ CLASS INFORMATION

Class name	Date	Class Days	Class Time	Resident Fee	Non-Resident Fee	Class #
CONTINUING YOGA FLEX OPTION	JAN 6-APR 21	W	7- 8:15P	\$68/\$85		31810

Flex option gives you the flexibility to attend any six Continuing Yoga classes during the 12-weeks of the current quarter. ← Description

HIKES AND WALKS

Participation has increased dramatically in these programs. Our goal is to give all an opportunity to participate and have a good time. Please be aware of the following:

1. Hikers/Walkers are permitted to register themselves and only one other person (this includes a spouse).
2. Hikers/Walkers are permitted to register for three hike destinations (hikes or walks) per month. (Additional dates can be added on a space available basis the Tuesday prior to the hike).
3. Hikes/Walks leave at 9 a.m. (unless otherwise noted). We plan to return by 3:30 p.m., although some variables cannot be avoided, i.e., traffic, walking speed of hikers, etc. Plan accordingly.
4. We make a rest/snack stop on our return trip. This allows everyone to stretch, use the restroom and get a snack.
5. We hike/walk rain or shine. Dress appropriately, i.e., layers, rain gear, boots, hats, gloves, etc. A light daypack is recommended for carrying essentials.
6. Bring lunch and at least 16 oz. of water. See staff with questions or concerns.
7. Hiking boots and a walking stick or trekking poles are recommended.

Updated Rating System:

- #1. Paved and/or smooth trail surface; no significant hills; no more than 5 miles.
- #2. Moderate; sometimes paved; some hills; may be over 5 miles.
- #3. Some difficult terrain; substantial hills and/or steps; elevation gain under 1,200 feet. Walkers with health problems should use caution.
- #4. Difficult; steep hills; may be poorly maintained or very irregular; over 1,200 feet elevation gain; may be over 5 miles. Walkers with health problems should use caution.

HIKERS' EMAIL LIST

28761

If you have email and want to be notified when a hike isn't full the Tuesday prior to the hike, please register for the class number above.

PARKING REMINDER

Hikers, walkers and day long trip goers are encouraged to park in the Parks and Recreation Administration lot or in spots by the Les Gove Multipurpose Building. It is important to have the spots close to the Senior Center available for daily drop in use.

WALKS

Hikers/Walkers are permitted to register for three destinations (hikes or walks) per month. Walks rank from 1-3 miles.

MAGNUSON PARK:

MILES 3

MAR 9	T	9a- 2:30p	\$8/\$10	32580
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Formerly Sand Point Naval Station this park offers miles of trails. Some are paved and others are gravel. Lake-front and meadows offer a variety of experiences for walkers. Portions of the trail can be muddy with exposed roots.

SNAKE LAKE NATURE AREA:

MILES 3

MAR 23	T	9a- 2:30p	\$8/\$10	32581
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Mar 23 T 9a- 2:30p \$8/\$10 32581
Combining wetlands and woods this walk will offer many opportunities to observe a variety of birds and other wildlife thriving in an urban setting.

LAKE WILDERNESS ARBORETUM AND TRAIL:

MILES 3

APR 13	T	9a- 2:30p	\$8/\$10	32582
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The arboretum at Lake Wilderness presents plantings featuring native plants. The trail adjoining the park gives walkers a nearly level gravel trail with woods and views of the lake.

SAMMAMISH RIVER TRAIL:

MILES 3

APR 27	T	9a- 2:30p	\$8/\$10	32583
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This paved trail follows the Sammamish Slough for miles connecting with the Burke Gillman Trail. The walk will begin at Marymoor Park and sample just one section of the trail.

Overnight Hike 2009



HIKES

Weekly hikes range from 5-8 miles. Destinations vary throughout the year. Hikers/Walkers are permitted to register for three destinations (hikes or walks) per month.

CHAMBERS BAY MILES: 5 RATING: 2

Mar 12	F	9a- 3:30p	\$10/\$13	32570
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Walk the paved paths of the premier Chambers Bay Golf Course in University Place. The course offers spectacular views of Puget Sound and the Olympics.

COUGAR MT MILES: 5 RATING: 2+

Mar 19	F	9a- 3:30p	\$10/\$13	32572
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Cougar Mountain offers a variety of hikes. This one will begin at the Red Town Trailhead and loop up to the Anti-Aircraft site for great views of Lake Sammamish and beyond. The trails can be muddy with exposed roots and rocks. Elevation change of 800 feet mostly occurs in the first hill.

CHESIAHUD LAKE UNION LOOP**MILES: 6 RATING: 2**

Mar 26	F	9a- 3:30p	\$10/\$13	32574
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This new trail follows sidewalks and streets as it circumnavigates Lake Union. Hikers will have the opportunity to inspect house boats and commercial activity along the lake shore. We will visit many pocket parks as well as the more well known Lake Union and Gas Works Parks.

DASHPOINT STATE PARK**MILES: 5 RATING: 2+**

Apr 2	F	9a- 3:30p	\$10/\$13	32575
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Trails at Dash Point climb up and down ravines giving hikers a good heart work out in a forest setting. Trails can be muddy and have exposed roots and rocks. The beach presents sandy beaches, tidelands and views of the sound.

SKOOKUM FALLS**MILES: 5 RATING: 2**

Apr 9	F	9a- 3:30p	\$10/\$13	32576
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Located along Hwy 410 this in and out hike follows the White River. Our turn around and lunch spot will be at the foot of Skookum Falls. The trail has minimal elevation change but will present roots, rocks, and muddy spots.

COAL CREEK FALLS**MILES: 5 RATING: 3**

Apr 16	F	9a- 3:30p	\$10/\$13	32577
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One of many destinations at Cougar Mountain Coal Creek Falls combines moving water, wetlands, and mixed forest. The loop trail will connect us to Far Country Viewpoint before returning to Red Town Trailhead. The trail has an elevation change of 1000 feet.

CHEHALIS RIVER SURGE PRESERVE**MILES: 7 RATING: 2**

Apr 23	F	9a- 5p	\$10/\$13	32578
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This in and out hike follows the Chehalis River as it interacts with ocean tides. A 6 foot wide level gravel trail offers views of a variety of low elevation and river bottom habitat.

RATTLESNAKE LEDGE**MILES: 4 RATING: 3**

Apr 30	F	9a- 3:30p	\$10/\$13	32579
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The views of valleys and mountains reward hikers for their efforts to reach the ledge. The trail is well maintained with repeated switch backs to the final destination. Expect exposed roots and rocks. The elevation change is 1200 feet.

OVERNIGHT HIKE-MT. BAKER

Sep 8-10	8a- 9p	\$175	32354
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Our annual trip takes us north to Mt. Baker. We will be staying at The Firs chalet, which is right at the base of Mt. Baker. You will need to bring a sleeping bag or linens for your bed. The scouting team has some great hikes planned. No refund after July 1 unless we can re-sell your spot. Trip includes 2 b-fast, 2 lunches, and 2 dinners. \$75 deposit required when registering. Final payment due July 1. Space is limited.

HOW TO READ CLASS INFORMATION

Class name	Date	Class Days	Class Time	Resident Fee	Non-Resident Fee	Class #
CONTINUING YOGA FLEX OPTION	JAN 6-APR 21	W	7- 8:15P	\$68/\$85		31810

Flex option gives you the flexibility to attend any six Continuing Yoga classes during the 12-weeks of the current quarter. ← Description

SPORTS

SENIOR VOLLEYBALL

OCT 20-MAR 30 FULL SEASON	T,TH	10A-12P	\$40	31253
JAN 4- MAR 30 1/2 SEASON	T,TH	10A-12P	\$28	31928
OCT 20-MAR 30 PUNCH CARD	T,TH	10A-12P	\$20/\$10	31254

There is no reason to sit around all winter, when you can be up and excersing. Men and women of all experience levels are encouraged to join our co-ed volleyball teams. There is sure to be lots of fun, exercise, and competition for all.

Play will begin October 21at the LDS Church Gym, 1820 F St. SE. The season runs through March. All players need to register at the Senior Center and pay \$40 for the season. We also have a 5 or 10 day punch card available. See Rocky with questions. Instructor Eva VanNorman.

SENIOR COED SOFTBALL

APR 20-AUG 3	T,TH	10A-12P	\$75/\$94	32309
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Spring is in the air, which means time to talk softball. All interested players are invited to join us for this important planning meeting on April 16. Practice will begin April 21 at Game Farm Park. Practices and games will be held Tuesdays and Thursdays. Men and women 50 and over are invited to join in the fun.. Instructor: Van Norman.

SENIOR GOLF RECREATION LEAGUE

MAY - SEP			\$10/\$13	32310
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Join us for a weekly round of golf at the Auburn Golf Course. In this recreational senior league, fun is the name of the game. Register for the league at the Senior Center. Greens Fees are payable at the golf course, \$15 for 9-holes, \$22 for 18 holes. An informational meeting will be held at the Senior Center, please call the center for the date.

SENIOR/STAFF VOLLEYBALL GAME

MAR 30	T	11A-1P		
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It is time for our annual challenge – the Parks Department Staff will play the Senior Center Volleyball teams. Come out and cheer for your favorite team at the south end Church of Latter-Day Saints Gym, 1820 F Street SE.

POOL

OPEN POOL DAILY MONDAY – FRIDAY

Except for Friday afternoons and Monday evenings during tournaments. There is always hot competition. Come and join the fun – all players are welcome. Because of the popularity of tournaments, they often last several hours. If you plan to participate, please be prompt.

DAY POOL TOURNAMENTS

1st and 3rd Wednesdays 1:30 Scotch Doubles
\$1 donation suggested for refreshments

Fridays 12:45P (sign up in Pool Room by 12:30P)

1st Friday Super Senior (73+) 9-ball
2nd Friday Men's 8-ball
3rd Friday Super Senior (73+) 8-ball
4th Friday Men's 9-ball

EVENING POOL TOURNAMENTS

Mondays 6-9P (sign up in Pool Room by 5:45P)

1st Monday Mixed Doubles 8-ball
2nd Monday Ladies' 8-ball
3rd Monday Mixed Doubles 9-ball
4th Monday Ladies' 9-ball

On Friday from 11-11:45A the Respite Program has two pool tables reserved for the use of their participants.



YMCA

FREE SWIMMING

Times are available to Auburn residents at the YMCA.

LAP SWIM

JAN 5–JUN 17 T,TH 8-9A 3 LANES

WATER AEROBICS

JAN 5 –JUN 17 T,TH 9-10A
Up to 20 people (Shallow or deep water)

FAMILY SWIM

JAN 5 –JUN 19 SA 4-5P BOTH POOLS

These programs are free. Seniors need to check in at the front desk and identify themselves as City of Auburn participants. Call YMCA for more details 253-833-2770.

VAN TOURS

SENIOR ACTIVITY CENTER TRAVELERS NEED EMERGENCY INFORMATION AND WAIVER FORM ON FILE

All persons taking Senior Center trips are asked to complete a confidential form, which includes health insurance information, emergency contacts, medications taken, etc. Forms will be sent with the escort on each trip. In case of a medical emergency, we can act more effectively on your behalf. If you have not yet completed this form, please ask for one at the front desk.

REMINDER:

Payments for trips and tours are due when registering. Unless noted, a trip is open for registration the first working day of the month in which it appears in the brochure.

TRAVELERS WITH DISABILITIES

Those needing special assistance on bus or van tours need to see staff regarding handicapped accessibility. See staff if you have questions.

Van tours are usually short, one-day trips which normally require walking.

If walking presents a problem for you, check with staff prior to registering about advisability of taking a specific trip. Because most van tours include time on your own for sightseeing, eating and shopping, be prepared for these activities.

Handicapped Accessible Bus
Van trips using this vehicle will be marked:



LEISURELY LUNCH

Here is the perfect excuse for lunch out with friends. Join us monthly for a different restaurant and fun social experience. Cost of meal is on your own.

GOLDEN STEER- KENT

MAR 31	W	11:30A- 2:30P	\$7/\$9	32330
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The Golden Steer has good old fashioned comfort food, from sandwiches to steaks. Price range is \$8-14.

HOP JACKS- BONNEY LAKE

APR 28	W	11:30A- 2:30P	\$7/\$9	32331
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Hopjacks design and menu was built to reflect a special place for special hard working people. Price range is \$8-14.

DINING CONNOISSEURS

Enjoy a monthly dinner night out with your friends from the Senior Activity Center. Leave the restaurant choosing and driving to us. Dinner costs are on your own.

GINO’S- FEDERAL WAY

MAR 10	W	4:30- 8P	\$7/\$9	32332
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Gino’s offer great cuisine with great service. They also offer a sunset 3 course special for \$15.99. Price range is \$11-30.

ANTHONY’S - DES MOINES

APR 14	W	4:30- 8P	\$7/\$9	32333
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Anthony’s is known for their expertly prepared fresh seafood from their own seafood company. They offer a 4 course sunset dinner for \$18.95. Price range is \$9-25.

SENIOR BASEBALL GAMES

One, two, three strikes you’re out at the old ball game. Come cheer on the Mariners and enjoy beautiful Safeco Field.. Tickets are located in the 300 level unless otherwise noted. No refunds will be issued unless your spot is filled.

Mariners vs. Oakland A’s				
APR 12	M	1:45- 8p	\$37/\$46	32356
Mariners vs. Detroit Tigers				
MAY 26	W	11a- 5:30p	\$32/\$40	32357
Mariners vs. Chicago Cubs				
JUN 24	TH	11a- 5:30p	\$37/\$46	32358
Mariners vs. Oakland A’s				
AUG 11	W	11a- 5:30p	\$42/\$53	32359
Seats are in the 200 level and include a hot dog and soda.				
Mariners vs. Boston Red Sox				
SEP 15	W	2- 8p	\$37/\$46	32360



WAITING LISTS

Please make sure to get your name on the waiting list if a trip is full. We do our best to try to accommodate as many people as we can.

VAN TRIPS

CHICAGO - PARAMOUNT THEATRE

MAR 3	W	4:15-11P	\$62	31898
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There's never been a better time to experience CHICAGO, Broadway's razzle-dazzle smashes. This triumphant hit musical is the recipient of six Tony Awards®, two Olivier Awards, a Grammy® and thousands of standing ovations. A sensational tale of sin, corruption and all that jazz, it's no surprise that CHICAGO has wowed audiences from Mexico City to Moscow, from Sao Paulo to South Africa. And now it's coming to your town! Fee includes an orchestra section ticket and transportation. Dinner will be on your own at the Outback Steakhouse before the show. Trip is full at this time, we are taking a waiting list.

TULAIP CASINO OR OUTLET MALL

MAR 15	M	9A- 4P	\$12/\$15	32588
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It's up to you if you would like to gamble or shop or both! We will drop off at the Tulip Casino and then at the Outlet Mall however they are close enough to walk back and forth. Lunch will be on your own.

BILL SPEIDEL'S UNDERGROUND TOUR

MAR 30	T	10A- 2:30P	\$25/\$31	32393
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The Underground Tour is a leisurely, guided walking tour beneath Seattle's sidewalks and streets. As you roam the subterranean passages that once were the main roadways and first-floor storefronts of old downtown Seattle, our guides regale you with the stories our pioneers didn't want you to hear. It's history with a twist! The tour begins inside Doc Maynard's Public House, a restored 1890s saloon. Following a short intro, we'll walk through historic Pioneer Square to three different sections of Underground about three blocks in all. Fee includes tour and transportation. Lunch will be on your own at the Pyramid Ale House.

PORTLAND VIA AMTRAK

APR 21	W	7:15A- 9:15P	\$57/\$71	32355
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Join us for this wonderful day of travel along the coast via Amtrak to the Rose City. We will stop for lunch at Jake's Grill and then you will have the rest of the afternoon to explore the city. You can visit the Powell's Books, the largest independent used and new bookstore in the world or just spend the day exploring. There is a great deal of walking on this trip, so please wear comfortable shoes. Fee includes transportation. Lunch is on your own.

ARE YOU INTERESTED?

Do you have a motorcycle and like to ride?

Let us know if you would like to get connected with other riders by calling the Senior Activity Center at 253-931-3016 and get on the interest sheet.

HULDA KLAGER LILAC GARDEN & CEDAR CREEK GRIST MILL

APR 26	M	8A- 6P	\$40/\$50	32418
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We have a fun filled day planned for everyone. We start the day with a walking tour of only grist mill left in the state. The volunteers at the mill will show us how the mill works today, with its huge pulleys and belts spinning above and below to produce flour and corn meal. After our tour we will head to the Oak Tree Restaurant for a delicious lunch(on your own) and then we are off to the Lilac Garden. The Hulda Klager Lilac Garden is really an arboretum with many flowers, shrubs, and exotic trees in addition to the lilacs, so there is much to see during any time of year. Fee includes motorcoach transportation and tours.

PLANTS, FLOWERS, AND MORE!

APR 29	TH	8:30A- 4P	\$16/\$20	32587
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We will head North to Wright's Nursery in Lynnwood, then head to Woodinville for Molback's and lunch on your own at Ruby's. Then we will end the day at Flower World in Maltby.

KOOZA CIRQUE DU SOLEIL

JUN 9	W	3:45-11:15P	\$53/\$66	32392
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KOOZA is a return to the origins of Cirque du Soleil: it combines two circus traditions - acrobatic performance and the art of clowning. An adrenaline rush of acrobatics in a zany kingdom. Fee includes level 2 seats and transportation. Dinner will be on your own at a local restaurant in Redmond.

RED HAT SOCIETY - AUBURN MAD HATTERS

MARCH – MARCH 15

Auburn Mad Hatters March event will be on Monday, March 15th. Come for lunch at the Senior Center. There will be a separate table for Mad Hatters. After lunch we will have a Bunco Party. Cost of the lunch is \$3.00 and Bunco is \$6.00. Coffee, Tea and cookies will be served at Bunco.

APRIL – APRIL 19

April event will be on Monday April 19th. We will meet at the Senior Center at 9:30AM and car pool to Tukwila to ride the Light Rail to Westlake Center for lunch. We will spend time in Seattle and then ride the Light Rail back to Tukwila at 2:30PM. The cost of the Light Rail is \$2.50 round trip. Lunch and shopping on your own. Weather permitting we can walk to Pike Place Market.

Please call or email Queen Mom, Jerry Merriman if you want to attend the events. EMAIL jmerriman5@q.com, Cell phone 253 720-9404 or home phone 253 752-6700 or call Yvonne Nicholson at 253 735-2958

EXTENDED TRAVEL

SAN FRANCISCO

JUN 6-10, 2010

***\$1290 for Double**

***\$1690 for Single**

***Subject to change due to Airline Fees**

Join us as we discover San Francisco, California!

Trip Includes:

- Airfare
- Travel Insurance
- Transfers - Home to SeaTac and return; Airport to hotel and return.
- 4 nights at the Radisson Hotel Fisherman's Wharf
- \$16 credit for breakfast at IHOP Restaurant
- Alcatraz Tour
- Wine Tour
- Winchester Mystery House, Muir Woods and Sausalito Day Trip

You will have free time to explore China Town, Fisherman's Wharf, Golden Gate Park, North Beach, Union Square, ride the trolley or just relax around the hotel pool. The memories of this 5 day, 4 night trip will last a lifetime. Meals and Gratuities are not included. **Staff escort with 14 travelers. Registration information available at the front desk.**

COMING IN AUGUST & SEPTEMBER

4 day trip to Whistler, British Columbia, August 2010

3 days Overnight Hike, September 8-10, 2010

For details see page 15

YOU SET THE GOAL - WE WILL HELP YOU GET THERE!

TAKE ADVANTAGE OF ONE OF OUR MANY PROGRAMS DESIGNED TO PROMOTE **POSITIVE AGING**

Other services include foot care, flu shots, blood pressure checks, massage, Senior Health Insurance Benefits (SHIBA), Senior Rights, information and referrals and wellness lectures. Read on for more details.

WELLNESS TEAM

The Auburn Senior Wellness Team is comprised of two teams; the planning team and the working team. The Wellness team is looking for motivated individuals who are interested in being on the working team. See Rocky if you are interested.

WELLNESS TEAM MEETINGS

MAR 11	TH	1-2:30P
APR 14	W	9:30-11A

WELLNESS COFFEE HOUR

Join the Wellness Team for quarterly wellness lectures and coffee.

COFFEE HOUR

Utility Assistance and Energy Savings
Learn Ways to save money on your monthly utility bills and simple tricks to saving energy. The Utilities and Transportation Commission helps answer your utility questions and teaches ways to manage your utility bills.

APR 21	W	10-11:30A	FREE	32401
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FOOT CARE PROVIDED BY KAREN'S FOOT CARE

Karen Poppleton is a licensed Nail Care Technician and has provided foot care at the Senior Activity Center for 10 years. She will be providing foot care services on Mondays by appointment only. Call 253-931-3016 to make an appointment and bring a towel. The cost is \$27 for all clients. Need a scholarship for foot care? Ask your foot care provider.

Making appointments: We are now booking foot care appointments for four months at a time; the current month and the following three months. You may call the Center to book an appointment or book your next appointment with your nail care technician at the time of service.

BLOOD PRESSURE CLINIC

Canterbury House offers a free blood pressure clinic on the following dates:

MAR 29	M	11A-12P
APR 26	M	11A-12P

CHALLENGES IN CAREGIVING

GIVING CARE, TAKING CARE

A Conference for Family and Paid Caregivers

June 7, 2010

Are you caring for an elder or an adult with disabilities? Learn how to:

- Plan for Legal and Financial Issues
- Find Helpful Resources in Your Community
- Use Stress Management & Relaxation Techniques
- And Much More!

Keynote Speaker: Megan Cole

For more information and registration call (360) 725-2544 or 1 (800) 422-3263. This is not a Auburn Senior Center Conference. It is offered by Aging and Disability Services.

Rita Hudson & Virginia Fischer



MASSAGE

2 ND AND 4 TH	TUESDAY	10A-3:30P	\$33/\$53*
2 ND AND 4 TH	TUESDAY	4-7P	\$33/\$53*
2 ND AND 4 TH	FRIDAY	10A-3:30P	\$33/\$53*

***\$33 for 30 min. and \$53 60 min.**

Please welcome Leslee Jo who comes to us with 20 years of experience as a Massage Therapist. Experience the benefits that therapeutic massage has to offer. Massage is proven to improve your overall health and may decrease chronic pain. Appointments for the next four months can be made at the front desk.

NLC PRESCRIPTION DISCOUNT CARD PROGRAM

The NLC Prescription Discount Card Program is available to Auburn Residents at no cost to the City or the individual. The card provides a discount that can offer a savings up to 20 percent off the retail price of most prescription drugs. This is no enrollment or membership or restrictions based on age, existing health coverage or income. Most major retail pharmacies accept the prescription discount card. For a complete list of participating retail pharmacies and to get a card visit www.2caremark.com.

DENTAL SERVICES BY "HEALTHY SMILES"

Taking good care of your teeth and gums is important for your mouth, your overall health and self esteem. Darcy Spencer-Wenger, a dental hygienist, from "Healthy Smiles" will be here to offer her services for a \$75 (roughly half price) on September 4. Services include: full scale teeth cleaning, cleaning of dentures and partials, application of fluoride varnish, assessing oral health, measuring the gum pockets, oral hygiene instruction, and referrals to local dentists and specialists. Please call for an appointment.

ENHANCE WELLNESS PROGRAM

Goodbye to Social Worker Veta Howard

We are sad to report that funding for our Social Worker position has been eliminated by King County. We continue to research other funding sources in an effort to retain this valued service, but unfortunately, at this time, none have become available.

Veta has been an excellent member of the Senior Center team and we are disappointed to see her leave. Her hard work, kindness, and support will be missed by many.

AUBURN RESPITE CARE PROGRAM

This is an adult day care that meets the second and fourth Tuesday from 10 a.m. - 3 p.m. and every Friday from 10 a.m. - 3 p.m. here at the Auburn Senior Activity Center. Caregivers are able to bring family members with Alzheimer's, Parkinson's, stroke or frail health for a day of socialization, companionship, music, activities and lunch. Volunteers at the program provide one-on-one care for the seniors participating in the program.

For those seniors who are unable to utilize the senior center on their own and have special needs, the Respite Program may be just what you're looking for. Call Sheila Pankratz at 253-875-9163 for more information. There is a nominal fee, which may be negotiated upon request. We're always looking for new volunteers too!

SUPPORT GROUPS**GRIEF WORKS****DAYTIME Session**

2nd Tuesday 10:30A-12P

EVENING session

2nd Thursday 7-8P

These free forums are open to the public to learn about grief and loss issues and healing tools. Discuss actions that promote healing for yourself or others. For more information call Debbie at 253-333-9420. GriefWorks is located at 4910 A Street SE, Auburn.

ALZHEIMER'S ASSOCIATION SUPPORT GROUP

1ST Tuesday of each month 12-1:30P

Memory loss is not a normal part of aging. A free information support group for family caregivers is held the 1st Tuesday of every month at Church of the Nazarene, 1225 - 29th ST SE, Room 15, Auburn. Take the first step and call the group facilitator, Val Brustad at 253-854-7658.

NUTRITION PROGRAM OVERVIEW

LUNCH PROGRAM

The Lunch Program serves delicious, balanced meals in a welcoming group setting to people who are at least 60 years of age. All meals meet one-third Recommended Daily Allowances for persons 60 years of age and older. The cost is a confidential suggested donation of \$3 per meal. Persons decide for themselves what if anything they wish to contribute. No eligible participant is denied a meal if unable to donate. Food Stamp Vouchers are accepted as contributions.

CONTRIBUTE \$3 IF YOU ARE:

- Anyone 60 or over or;
 - If you are dining with a 60 or over spouse.
 - If you are a disabled or handicapped individual under 60.
- While we enjoy having caregivers, friends and family join in during lunch, please remember the federal guidelines and make the appropriate payment.

CONTRIBUTE \$5.75 IF YOU ARE:

- Under the age of 60 or;
- You are a caregiver, who is not a spouse, below age 60 or disabled;

LUNCH COMMENT CARDS

Comment cards are available. Please share your compliments, suggestions, complaints, and concerns. This is your lunch program and we are here to meet your needs.



SALAD BAR NEWS



The cost of the salad bar is supplemented by the City of Auburn's Human Services and Mike and Sharon Schooley. Personal donations are always accepted.

ENTRÉE SALAD BAR OPTION

Entrée size serving at the salad bar including a rotating choice of protein, ie., slices of ham, turkey, chicken breast, tuna salad, etc.

This option is available daily for the same \$3 suggested donation for those age 60 and over and \$5.75 for those under 60.

Also included is coffee, milk and dessert. Stop by and try this healthy lunch option and let us know what you think.

AUBURN SENIOR ACTIVITY CENTER LUNCH PRE-PURCHASE PLAN

Suggested Donation: \$3/Meal

Purchase Lunch Punch tickets at reception desk. Not valid for some special meals.

TICKETS AVAILABLE IN VALUES OF:

5 meals	\$15 (donation)
10 meals	\$30 (donation)
20 meals	\$60 (donation)

Choices: Entrée Salad or Main Meal menu.

Possibility: Take an extra meal to go for dinner.

Benefits: Good food, fun people and someone else cooks.

REGULAR LUNCH AT SENIOR CENTER

Here's the Scoop:

Offered M-F: Served at Noon

Registration: Begins at 11 a.m.

Salad Bar opens at 11:30 a.m.

Lunch served at Noon

Don Black



MEALS ON WHEELS

Eligibility: 60 and over, and homebound (most)

Cost: Suggested donation of \$3 per meal

Delivery: Weekly on Friday mornings

Seven frozen meals per order for delivery or clients may pickup at Senior Activity Center with the option of purchasing an additional 7 meals at \$4.50 a meal.

Nutrition Supplements

(Variety of Ensure® products)

Eligibility: 60 and over and homebound (most). The cost varies by product. We deliver weekly on Friday, or clients may pickup at Senior Activity Center.

For details and/or applications, call Cindy at 253-931-3016. Pierce County call 253-474-1200.

COFFEE BAR RATES

Coffee, tea, hot chocolate and spiced cider.

Charge:

25¢ per cup

50¢ per mug

75¢ per large travel mug

50¢ bottled water

Punch cards are available - 20 punches for \$5. Purchasers receive a free cup of preferred beverage for each punch card filled. While on duty, baristas punch cards for each cup. The Honor System is in effect for cash or punch cards during self-serve hours.

Mini-Punch cards are available for those wanting to give or use single to 5-cup punch cards.



SENIOR SAVERS PANTRY

All Seniors, regardless of income level, are welcome. Shop for low-cost foods two days per month (see below). If you are new to the Pantry scene, what we do is purchase foods in bulk quantity at low prices and re-package them into individual sizes, and pass the savings on to you. A wide variety of items are available, such as cereals, grains, cheese, spices, raisins, juice, soup, etc.

MARCH DATES:

MAR 4	THURSDAY	9A-1P
MAR 5	FRIDAY	9A-12P

APRIL DATES:

APR 8	THURSDAY	9A-1P
APR 9	FRIDAY	9A-12 P

MAY DATES:

MAY 6	THURSDAY	9A-1P
MAY 7	FRIDAY	9A-12P

PANTRY RECIPE QUINOA STUFFED PEPPERS

Quinoa is a versatile GLUTEN FREE whole grain that can be used in salads and soups and as a substitute for rice. It is always available in Pantry.

- 4 Green Peppers, tops removed and rinsed
- 1 cup quinoa, rinsed
- 2 cups water
- 1 medium onion, chopped
- 1 lb fresh mushrooms, sliced
- 2 apples, peeled, cored and chopped
- ¼ cup pine nuts (optional)
- 1/3 cup raisins
- 2 cloves garlic, minced
- 1 tsp. salt
- ¼ tsp black pepper
- 2 tsp poultry seasoning

- BRING WATER TO A BOIL IN A 2 QUART SAUCEPAN. ADD QUINOA, BRING BACK TO A BOIL, COVER AND COOK OVER MEDIUM HEAT FOR 15 MINUTES OR UNTIL QUINOA HAS ABSORBED ALL THE WATER. REMOVE FROM STOVE AND FLUFF GRAIN WITH A FORK. STIR IN THE REST OF THE INGREDIENTS.
- PACK LIGHTLY INTO THE PEPPERS AND PLACE IN A BAKING DISH. POUR A LITTLE WATER AROUND THE BASE OF PEPPERS. —
- BAKE AT 350 DEGREES FOR 30 MINUTES UNTIL PEPPERS ARE FULLY COOKED. YOU MAY ALSO STUFF A CHICKEN OR TURKEY INSTEAD OF PEPPERS AND BAKE ACCORDING TO DIRECTIONS FOR THE POULTRY.



DID YOU KNOW?

Support Services include providing information on subjects such as Social Security, wills, health insurance, tax counseling and loan closet. The Center works with the Humane Society in offering the senior pet food bank. The Senior Center receives many phone calls requesting information regarding needs for seniors, therefore, the Center serves as a key information and referral site for area services to seniors.

VETERAN SERVICES

MAR 1	M	8-10A
APR 5	M	8-10A

If you have any questions or need help connecting with state, county or federal veterans benefits or services you can ask Joel Estey. He will be here the first Monday of the month at 8 am. You can see him at these times or you can call anytime with your specific questions. He can be reached at 206-612-2816-Cell or 206-296-7570. Joel has worked for the King County Veteran's Program for over twenty four years. He was in the US Army from 1967-1969 with service in Vietnam in 1968.

Jeanette Moen, a DAV Service Officer, will also be here to assist veterans and their families in applying for their VA benefits. She can be reached at 253-859-6439. Jeanette has forms for veterans, widows, or family members to file a claim with the VA for health benefits, compensation and/or pension.

LOAN CLOSET

Need a walker, cane, wheelchair, bath chair or crutches for a short time? Check at the Senior Center; we have some to lend.

OUTREACH WORKERS

Outreach workers help with Social Security Insurance, medical, food stamps, economic security problems, chore help, general counseling, and/or referrals to other community service programs. For more information, call Senior Information and Assistance at 206-448-3110 or toll free at 1-888-435-3377.

VOLUNTEER TRANSPORTATION

Qualified volunteer drivers provide rides to medical appointments and local errands for seniors. To qualify for transportation, you need to be 60 years or older, a King County resident and have no other transportation options available. For information, call Volunteer Transportation for Seniors, **206-448-5740** between 8 a.m. and 5 p.m.

MEDICARE BILLING

Are you confused about your medicare bills, supplemental insurance bills or other health related paperwork? Golden Care at Valley Medical Center can help with all these problems or concerns. This FREE service is available at Valley Medical Center by appointment only.

**Interested in information about the Lions Club
Affordable Hearing Aid program?
Call 1-866-LIONAID (546-6243)
Call 425-226-4653.**

LEGAL SERVICE

The Young Lawyer's Section of the Seattle/King County Bar Association and City of Seattle sponsors free legal information, advice, and referrals to the public regardless of income level. They handle a wide variety of legal matters, including real estate, landlord/tenant concerns, debt problems, bankruptcy, consumer affairs and accidents. You will be referred to the nearest neighborhood clinic. **Call 206-340-2593** on Mondays and Thursdays between 9 a.m. and 12 p.m.

ENERGY ASSISTANCE PROGRAM ACCEPTING APPLICATIONS

Energy assistance programs may be able to help you pay for electricity, gas, propane, wood or oil. Two programs may be able to help low income seniors with their heating bills: the federal government's Low Income Home Energy Assistance Program (LIHEAP) and Puget Sound Energy's HELP Program. **Call 1-800-348-7144** for an appointment and/or income guidelines.

CITY OF AUBURN HOUSING REPAIR

The City of Auburn offers grants for minor and emergency home repairs including: plumbing, electrical, roofs, disabled access, furnace service and other repairs. Applicants eligible for a Housing Repair Grant must reside within the city limits of Auburn and meet the HUD income guidelines. The housing unit must be owner occupied. For more information or to request an application, please contact the City of Auburn's Planning Department at **253-931-3090**.

NEED HELP WITH YOUR HOME ENERGY COSTS?

The Multi-Service Center Energy Assistance Program is now doing applications for PSE HELP program and the federal Low Income Home Energy Assistance Program (LIHEAP). Applicants, including people seeking mail applications, must call the toll free telephone number, 1-800-348-7144, for an appointment. This number is available 24-hours-per-day, 7-days-a-week, and first screens callers by zip code. No customer walk-in appointments will be made.

PROPERTY TAX DEFERRAL PROGRAM

This program is for Senior Citizens/Disabled Persons. Applications can be picked up at the Senior Center.

**HUMANE SOCIETY'S
SENIOR PET FOOD PROGRAM**

Through the Humane Society's Senior Pet Food Program, free pet food will be delivered to our Center. For more information on this program, call the Senior Center.

**KING COUNTY METRO REDUCED
FARE PERMITS**

Call Metro at 206-553-3000 or stop by the Senior Center for a permit application. All senior fares are 50 cents.

AMERICANS WITH DISABILITIES ACT (ADA)

PARATRANSIT

This program is for people who have a disability which prevents them from using a lift equipped Metro bus sometimes or all the time. There is no income limit. People registered under ADA Paratransit can use ACCESS transportation van service in all areas, on the days and at the time Metro buses operate. Riders may bring a personal care attendant if they are unable to use ACCESS transportation alone. They can also bring at least one friend on any trip. Reservations for ACCESS transportation van service can be made up to three days in advance by calling 206-205-5000. Metro ACCESS fare is 75 cents per ride.

EMPLOYMENT

Bored with retirement? Many people who retire are. After awhile they would like to get back to the world of people, action and a paycheck, but they don't know how. If you are 55 or older, low income and would like part-time work, call Senior Employment Service/AARP at 206-624-6698 for an appointment. Collect calls accepted. Open 8:30 a.m. - 4:30 p.m. Monday through Friday.

EZ READER FOR LOW VISION

Is available in the Computer Lab. See Senior Activity Center staff for more information and/or a demonstration.

WOODLAND PARK ZOO AND AQUARIUM PASSES

Passes for 2010 are here. Please pick up passes one or two days before you plan to go. Passes are for seniors only.

PHONE SCAM

"90#" On Your Telephone

If you receive a telephone call from an individual identifying himself as an AT & T Service Technician who is conducting a test on the telephone lines. He stated that to complete the test you should touch nine (9), zero (0) and pound sign (#) and then hang up. DO NOT DO IT!

This is a scam to get full access to your telephone line, which enables them to place long distance calls billed to your home phone number. The scam has been originating from many local jails/prisons. DO NOT press 90# for anyone.

Local Census Offices Seeking Applicants for the 2010 Census. The Census Bureau is currently looking for field staff to conduct in-person live interviews with community residents.

For additional information about 2010 Census job. Please visit their website at www.2010censusjobs.gov or call 1-866-861-2010. A full Census Job description is available at the Auburn Senior Activity Center.

MONTHLY EMAIL OF BROCHURE

30039 FREE

If you have a computer with an internet connection and want to be notified by email when the brochure is complete and ready for viewing online, please



provide us with your email address and register for class # 30039. By registering for this email list, you will receive an email with a link that will give you a sneak peek of the brochure before it is printed.



Denis Goodwin

SENIOR INFORMATION AND ASSISTANCE

Advocates access a computerized database of over 7,000 community services. They can provide information on a number of available services for seniors in King County. 206-448-3110 OR 1-888-435-3377 (WA only)

SENIOR RIGHTS ASSISTANCE

The Senior Rights Assistance program's trained volunteers provide FREE legal and consumer information to King County's older adults on a number of topics related to their rights and options, including estate planning, powers of attorney, wills, landlord/tenant issues, homeowner concerns, fraud, warranties, credit and debt management, kinship care, burial/funeral planning, and victims of crime assistance. SRA can also schedule an appointment for you to visit with an attorney for 30 minutes at no charge to discuss powers of attorney, wills/probate, guardianship and estate planning. Please call 206-448-5720 to speak with a SRA volunteer. See below for the details on the SRA volunteer who comes to our Center.

STATEWIDE HEALTH INSURANCE BENEFITS ADVISORS (SHIBA)

MAR 22	M	9A-12P
APR 26	M	9A-12P

Chuck Wright, SHIBA volunteer, is trained to provide you with guidance and information in the following areas: Medicare, Medigap, Medicaid, Long Term Care Insurance and Group Insurance. He will be at our Senior Activity Center the fourth Monday of each month. Other days are also available. Call the Senior Activity Center for an appointment or arrangements for another day.

ESTATE PLANNING INFORMATION

MAR 17	W	9:30A-12:30P
APR 21	W	9:30A-12:30P

Do you need information regarding:

- Will?
- Power of Attorney?
- Living Will?
- Living Trust?
- Community Property Agreements?
- Probate?

Diana Paris, SRA volunteer, is trained to provide you with guidance and information in the above estate planning areas. Call Senior Activity Center at 253-931-3016 for an appointment. She is normally at our Senior Activity Center the 3rd Wednesday of each month.

INCOME TAX PREPARATION

Began in February and continues until April 13 AARP trained tax counselors will be on hand on Monday and Tuesday mornings to help complete your 2009 income tax forms. Call the Senior Center for an appointment.

REBUILDING TOGETHER. SOUTH SOUND

We have a year-round Home Modification program, focused on projects that will increase the safety and accessibility of a home for a person with limited mobility, whether that person is elderly or a person with disabilities. Home Modification is completed at no charge to approved homeowners. For more information visit www.rebuildingtogetherss.org or call 253-238-0977.

USEFUL PHONE NUMBERS

Volunteer Transportation for Seniors
206-448-5740

**Golden Care/Medicare Billing Help/
Valley Medical Center**
425-226-4653

**Legal Service Young Lawyer's Section of the Seattle/
King County Bar Association and City of Seattle**
206-340-2593

Energy Assistance Program
1-800-348-7144

Senior Employment Service/AARP
206-624-6698

Outreach Workers/Senior Information and Assistance
206-448-3110 or toll free at 1-888-435-3377
1-800-972-9990

Reservations for ACCESS transportation van service
(Metro Access fare is \$.75 per ride)
206-205-5000

Senior Rights Assistance (SRA)
206-448-5720

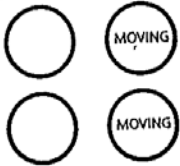

Kinship Caregivers Support
Program Offers Help
1-888-435-3377

DIAL 211 to find Social Services
Get connected. Get answers.

Statewide Health Insurance Benefits Advisors (SHIBA)
1-800-562-6900

**Pierce County Aging & Disability Resource
(Agencies and Services)**
1-800-562-0332 or 253-798-4600

IT'S TIME TO TAKE A BREAK AND WORK THE MIND.
If you would like to see how you did come to the front desk for answers.
Each stands for a well-known saying, person, place or thing.
Good luck!

1. 111111 another another another another another	2. arrest you're	3. CANCELLED	4. MAN campus
5. FGH ¹ JKLMNO ^Q RST	6. momanon	7. head lo ve heels	8. 
9. HIGH CLOUDS CLOUDS CLOUDS CLOUDS CLOUDS	10. sitting world	11. PLASMA H ₂ O	12. THAT
13. DISTANCE 	14. NO NO CORRECT	15. P NOANO Y	16. MOUNTAIN

ANSWERS

1. _____

2. _____

3. _____

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6. _____

7. _____

8. _____
9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

16. _____

5 FIVE WAYS TO REGISTER

Payment must be made when registering online, in person, by telephone, or by mail.

FIRST DAY OF THE "NEW BROCHURE MONTH" REGISTRATION PROCEDURES:

- Walk-in and telephone registrations begin at 8:30 a.m.
- First-Come, First-Served number distribution begins at 8 a.m.
- You may register yourself and two others for any activity, class, trip, special event, etc. **(See page 15 for hike and walk exceptions.)**
- The number system will be used for all walk-in and telephone registrations.
- Walk-in registrants may leave a completed form with attached number and check or credit card information or they may wait until their numbers are called and pay with cash as well.
- Telephone registrations will be assigned a number in the order in which the call is received beginning at 8:30 a.m.
- Registrants need to be patient; the number of registrations is unusually heavy on the first registration day of the month in which the bi-monthly brochure is released.

REFUND/CREDIT POLICIES FOR TRIPS AND CLASSES

Following are summaries of refund/credit policies adopted by the Park Board. These policies will be in effect when participants cancel trips, hikes or classes. See Senior Center Supervisor with questions.

*For activities with a fee of **more** than \$5, a \$5 administrative fee will be charged if the person wants a refund check sent to him/her. For activities with a fee of **less** than \$5, credit will be placed on the individual's account for use toward the cost of a future activity. There will be no administrative fee charged for credits left on account or for credits transferred to another activity.

*Refund requests made after the activity has begun, due to illness or injury, must be made in writing and may be granted on a prorated basis when possible. Senior Center Supervisor must approve requests.

*If a participant is not satisfied with a class scheduled to meet four (4) times or more, he/she may, in writing, identify his/her concerns and request one of the following:

Repeat class at no additional cost.

Receive credit that may be applied to another activity.

Receive a refund with no administrative charge.

The written request must be received before the third scheduled session of the activity and must be approved by Senior Center Supervisor. This policy applies to programs except trips and tours, outdoor programs and all adult and youth team sports leagues.

1. VISA MasterCard 

ONLINE:
Auburn at Play
On-Line visit
www.auburnwa.gov for
24-hour convenience to register
with VISA/MasterCard.

2. VISA MasterCard 

PHONE IN:
Telephone registration and
sign-up for services will be
accepted Monday through
Friday, 8:30 a.m.-5 p.m.
253-931-3016

3. VISA MasterCard 

FAX IN:
For 24-hour convenience
fax your form with VISA/
MasterCard information
to **253-288-7444**. Your
registration is processed the
next working day. Please
print clearly.

4. MAIL IN: 

Registrations will be
processed after noon on
the first working day of the
month or the day received
thereafter.

5. WALK IN:

Walk in registrations will be
processed Monday through
Friday, 8:30 a.m.-5 p.m. at the
Senior Activity Center except
on the first working day of the
month. On the first working
day of the month, we start
assigning numbers on site at
8 a.m. See procedures above.

REGISTRATION FORM

AUBURN SENIOR ACTIVITY CENTER

Participant Last Name _____

First Name _____

Spouse Last Name _____

First Name _____

Address _____
APT. NO. _____

City _____ Zip _____

Home Phone (____) _____

Business Phone (____) _____

Email Address _____

Participant Birthdate _____ Gender _____

Spouse Birthdate _____ Gender _____

ACTIVITY NAME & PARTICIPANT NAME

BARCODE NO.

ACTIVITY FEE

1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____

CREDIT CARD INFORMATION



VISA OR MASTERCARD #

EXP. DATE

PLEASE PRINT NAME OF CARDHOLDER

TOTAL DUE

\$

**PLEASE MAKE CHECKS PAYABLE TO:
AUBURN SENIOR ACTIVITY CENTER**

Assumption of Risks/Exculpatory Clause: For and in consideration of the opportunity offered to me to participate in the above-named activity/activities offered by the Auburn Parks, Arts & Recreation Department, I, as evidenced by my signature below, do hereby hold harmless, release and waive all claims I may have against the City of Auburn, its officials, employees, agents, or contracted instructors, and any other person(s) involved in this activity for any and all injuries, losses or damages suffered by myself as a result of my participation in this activity/activities. I accept full responsibility for the cost of treatment for any injury, losses, damages or death suffered by myself while taking part in this activity/activities. I grant the City of Auburn the right and permission to use or copyright, and re-use, publish, or re-publish photographic pictures, video, electronic images or other reproduction taken during classes for publicity purposes by the Auburn Parks, Arts & Recreation Department.

Signature

Date

BROCHURE SUBSCRIPTION
\$12 Annually 6 issues
#32351 MAR/APR

NEWCOMER REGISTRATION
#32352 MAR
#32353 APR

COMMUNITY VOLUNTEER LUNCHEON

***We Hit the JACKPOT
with Auburn Volunteers***

**Thursday, April 22
11:30 a.m. - 1:30 p.m.**

#32562

Volunteers -- \$4.50 suggested donation

All Others -- \$8

Hundreds of volunteers donate their time for the betterment of the Auburn Community. We will honor Auburn's "Jackpot of Volunteers" at our Annual Community Volunteer Luncheon. Auburn agencies utilizing volunteers and all Senior Center Volunteers are invited to the celebration hosted by the Senior Center. In addition to recognition, there will be plenty of "Vegas Style" fun, agency team competitions, a team song challenge, prizes and much more. Call the Senior Center for details. All are encouraged to dress in "Vegas attire".

Wellness Raffle:

In an effort to raise money for the Wellness Program, The White River Valley Museum is sponsoring a raffle, with proceeds going to Senior Center Wellness program. Plan now to win a Jackpot of a Basket. Tickets are \$1.00 each. You need not be present to win. Winner will be drawn April 22 at the Volunteer Luncheon. Buy a ticket and support wellness!

**Auburn Parks, Arts & Recreation
Senior Activity Center**
808 Ninth Street SE
253-931-3016 | www.auburnwa.gov



REGISTRATION STARTS
MAR 1



AUBURN PARKS, ARTS & RECREATION

SENIOR ACTIVITY CENTER

808 Ninth Street SE, Auburn WA 98002

253-931-3016 • www.auburnwa.gov

AUBURN
MORE THAN YOU IMAGINED